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FM BUMED WASHINGTON DC//00//
SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-02)//
POC/P.C. BISHOP/CAPT/MED-00P (PUBLIC AFFAIRS)/-/TEL:(202)
653-1315/TEL:DSN 294-1315/-//

RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
(950007)--CNO Praises Medical Reserve/Active Integration
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HEADLINE: CNO Praises Medical Reserve/Active Integration

CNO Washington (NSMN) -- The previous issue of Naval Service Medical News (NSMN 95-01) included an article on Fleet Hospital Zagreb's integration of Reservists. It was based on an interview with BUMED's Assistant Chief for Reserve Force Integration, RADM James R. Fowler, MC, USNR, who recently visited the hospital.

ADM "Mike" Boorda, Chief of Naval Operations, also talked to Fowler about the trip, and in the CNO Weekly Update Number 95-2, msg 091525Z JAN 95, Boorda shared the following with the Navy's flag officers:

"I heard a great comment about the medical personnel in our Fleet Hospital in Zagreb the other day. I asked how the Reservists assigned were doing. The answer was that the active duty personnel and the Reservists had become such an integrated team that you couldn't tell which was which and 'it didn't matter anyway.' ... This total force approach is exactly what we are looking for."

-USN-

HEADLINE: Navy Baby First in 1995 for City of Jacksonville

NAVHOSP Jacksonville, FL (NSMN) -- Bethany Noel Sailer, born at Naval Hospital Jacksonville, was the first baby born in the

City of Jacksonville for 1995. CDR Robert Fischer, MC, delivered 7-pound, 14-ounce Bethany at 7 minutes past midnight, 1 January 1995. Petty Officer Scott Sailer and his wife Carla are the proud parents.

The hospital commanding officer, CAPT D. V. Hollingsworth, presented Bethany "The First Baby Certificate," and she received a gift certificate from Mrs. Jean Nita of the Hospital's Oak Leaf Wives Club. Bethany also received a savings bond from Barnette Bank's Naval Air Station branch.

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HEADLINE: Reservists Support VA Medical Center

CNAVRESFOR, New Orleans (NSMN) -- Recently, Reservists from the Naval Reserve Unit Naval Hospital Charleston 707 joined with Army Reservists from Fort Jackson and National Guard Reservists from South Carolina to perform surgery at the Columbia, SC, Veterans Administration Medical Center. Five operations were performed by surgical teams made up of Selected Reservists in a mission commonly referred to as "Contributory Support."

LCDR Belinda Rutledge, commanding officer of NR NH CHAS 707, said, "This joint exercise accomplished several goals. First, it provided opportunity for specialized Naval Reservists who normally can't train in their specialties on the weekend. It gave them an opportunity for hands-on training in the surgical arena. Second, it provided community service for veterans awaiting surgery. Third, it provided opportunity for naval personnel to work alongside members of other branches of the military. As we look to a total force concept, this is an ideal situation," said Rutledge.

CDR Dennis Wilson, one of the surgeons who performed the operations, contends that military Reserve partnership serves several purposes. The operations relieve the VA backlog of small, elective, non-emergency surgeries, he said. This type of operation is commonly delayed in deference to those patients who require more urgent surgery. In addition, said Wilson, "They allow Naval Reserve surgical staffs to train in a military setting rather than a civilian setting."

The Reservists handled all aspects of the surgery -- not just the operating room. Unit members admitted the patients to the hospital the morning of the surgery, and they staffed the holding room where patients were prepared for surgery, the recovery room and the central supply area where the surgical instruments were cleaned.

All the Reservists "exhibited enthusiastic spirit and camaraderie second to none," said VA's Robert M. Athey about the support.

Story by JO1 Kevin Miller, Commander Naval Reserve Force

-USN-

HEADLINE: Medical Team Member Reunites with Son

NAVBASE Guantanamo Bay, Cuba (NSMN) -- Nelson E. Rodriguez Perez sought asylum from Cuba in 1983. When he finally left his communist homeland, he also left his most valued treasures behind: his children.

Since arriving in the United States, Rodriguez has devoted his life to caring for people who have been injured by the communist government.

Rodriguez is currently a volunteer with the Miami Medical Team. The team comes to Guantanamo Bay every weekend, offering specialized medical care. In an early December visit, Rodriguez discovered one of his treasures -- his son, Ernesto Fermin Rodriguez.

"I have found my son," Rodriguez said. "I have not seen him since I left 11 years ago. All these years I have held him in my heart, now, finally, I have held him in my arms."

Ernesto and his wife live in Camp 6 on McCalla Field. His father and other family members are working to bring them to the States.

"I was jailed when Ernesto was five years old. I didn't see him for the entire time I was imprisoned. He was 24 when I was released from jail," said Rodriguez.

"We were able to spend six months together, but because of the communist government, I had to escape before I was put back in prison," Rodriguez explained.

Rodriguez, who spent 19 years in a Cuban prison because he refused to join the Communist Party, has another son in the safe haven in Panama, whom he visited with when the Miami Medical Team went to Panama recently.

In 1983, Rodriguez fled to Venezuela in his asylum effort. Within a year, he managed to get to the United States through proper channels and found work at the Miami International Airport. He also joined the Miami Medical Team.

"This is not just any ordinary man," said Dr. Mario A. Soler, another member of the Miami Medical Team. "He has risked his life on numerous occasions with us. He has been in places like Nicaragua, Honduras, Afghanistan and Angola. This is not a job for him. He's a volunteer. It is a way of life."

Story by Spc. Dee Constant, USA, Joint Task Force 160

Reprinted from The Gazette, Naval Base, 16 December 1994

-USN-

HEADLINE: Deadlines Near for Various Boards and Awards

SUBHEAD: Astronaut Selection Board to Convene

NNS Washington (NSMN) -- For those ready to soar far above the clouds, applications are being accepted for the Fiscal Year 1995 Astronaut Selection Board.

The biennial selection board convenes 27 March 1995, with applications due to the Bureau of Naval Personnel by 26 January. Selectees will attend the astronaut class beginning in August 1996.

Application procedures and criteria are contained in BUPERSINST 1401.4. Application packages may be obtained by writing Pers-446B, Washington, DC 20370-5446, or by calling the Aerospace Engineering Duty Officer Detailer at DSN 224-4869/70; (703) 614-4869/70. More details are available in NAVADMIN 207/94.

Story by LT Dan Bates, BUPERS Public Affairs

Reprinted from Navy News Service 065/94 of 2 November 1994

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SUBHEAD: Navy League Seeks Award Nominations

NNS Washington (NSMN) -- The Navy League of the United States is seeking nominations for its annual awards which recognize outstanding individual leadership, achievements and contributions. The Navy League noted that in the past, women have been submitted for only one award, the Captain Collins Award, while they are eligible for all 14. Active duty Navy and Marine Corps personnel are eligible for 14 awards and civilians are eligible for one.

Information on submitting nominations for the various awards is available in SECNAVINST 1650.34C. Nominations are due by 31 January 1995. For additional information, call Louise Halse at (703) 528-1775.

Reprinted from Navy News Service 066/94 of 9 November 1994

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SUBHEAD: Maintenance Award Nominations Wanted

NNS Washington (NSMN) -- The Department of Defense is looking for a few good maintenance activities. Annually, by fiscal year, the Secretary of Defense presents six service-wide maintenance awards to the most outstanding maintenance organizations. Competitive categories for afloat and ashore are divided into large (over 1,000 authorized personnel), medium (301-1,000) and small (25-300) commands.

All commands, units and Reserve components that are responsible for organizational or intermediate level maintenance on facilities and/or equipment belonging to their own, or to other units, are eligible to compete. Submissions must be forwarded to the Office of the Chief of Naval Operations (N43) no later than 31 January. Detailed information is available in NAVADMIN 216/94.

Reprinted from Navy News Service 069/94 of 30 November 1994

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SUBHEAD: Win Big in Joint Warfighting Essay Contest

NWSB/USNI Annapolis, MD (NSMN) -- The U.S. Naval Institute invites entries to its second annual Colin L. Powell Joint Warfighting Essay Contest. In the words of the former Chairman of the Joint Chiefs of Staff, the competition seeks "those who are motivated to enter this contest not by a need to 'toe the policy line,' but who are devoted to the security of this great Nation."

The first contest winners were published in the September 1994 Proceedings magazine and received their prizes from GEN John Shalikashvili, the Chairman of the Joint Chiefs of Staff, in a Pentagon ceremony in which General Powell also participated.

The essays should be about combat readiness in a joint context -- persuasive discussions of tactics, strategy, weaponry, combat training, force structure, doctrine, operations, organization for combat, interoperability of hardware and procedures or other issues involving two or more services. Entries may be heavy in uni-service detail, but must have joint

application. Entries are welcome from military and civilian professionals. The Naval Institute will award cash prizes of \$2,500, \$2,000 and \$1,000 to the authors of the three best essays. Maximum length is 3,000 words, but shorter opinion pieces or "professional notes" (typically 2,000-word technical arguments) may also compete.

Additional Entry Rules: Essays must be original and not previously published. An exact word count must appear on the title page.

The name of the author shall not appear on the essay. Each author shall assign a motto in addition to a title to the essay. This motto shall appear (a) on the title page of the essay, with the title, in lieu of the author's name, and (b) by itself on the outside of an accompanying sealed envelope containing the name, address, telephone, social security number and a short biography of the essayist, the title of the essay and the motto. This envelope will not be opened until the Naval Institute has made its final selections. Submit two complete copies, typewritten, double-spaced, on paper approximately 8 1/2" x 11." (If typed on a computer, please also submit an IBM-compatible disk and specify word processing software used.)

The essays will be screened by a panel composed of officers from the five armed services, who will recommend 10 essays to the Naval Institute's editorial board. The editorial board will award the three prizes, to be presented to the winning essayists at a special ceremony. Award winners will be notified by phone on or about 22 June 1995. Letters notifying all other entrants will be mailed by mid-July 1995. The three prize-winning essays will be published in Proceedings.

Interested applicants should send entries to: Colin L. Powell Joint Warfighting Essay Contest, U.S. Naval Institute, 118 Maryland Ave., Annapolis, MD 21402-5035. Essays must be postmarked on or before April 1, 1995.

Reprinted from Navy Wire Service B of 3 January 1995

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HEADLINE: HEALTHWATCH: Diarrhea, A Common Childhood Illness

USNH Yokosuka, Japan (NSMN) -- Diarrhea is a common childhood illness that usually results from people coming in contact with other people who are infected with viruses. These viruses then enter the bowel and make the bowel secrete more water than usual. The result is loose, watery stool that passes more often.

Diarrhea can also be caused by bacterial infections. Generally, these occur when people travel and come into contact with bacterially infected drinking water, swimming lakes or pets.

As a parent, there are several things you can do to help your child get over diarrhea:

(1) Give the child plenty of fluids to drink. Popsicles, Gatorade, broth, water, and Pedialyte are all examples of fluids. These fluids flush out the virus and prevent dehydration.

(2) Place the child on a lighter, low-fat diet until the stools slow down or return to normal. The "BRAT" diet is a well known, very good diet that helps slow loose stools. It is:

B - Bananas
R - Rice
A - Applesauce
T - Toast.

Greasy or fried foods will usually make the diarrhea worse.

(3) Avoid milk products for 24-48 hours. For babies on formula, switching to a soy-based milk -- such as ProSobee or Isomil -- will be necessary to continue feeding without making the diarrhea worse.

(4) If you are giving the child juice as a part of the fluids, first dilute it half and half with water or Pedialyte.

(5) Finally, a coating antacid such as PeptoBismal may be used. A dose of one teaspoon (5 ml) may be used for each 10 pounds that the child weighs, up to 30 ml. For instance, a 10-pound child would get one teaspoon every six hours. A 20-pound child would get two teaspoons (10 ml) every six hours. If your child weighs more than 60 pounds, do not give more than 30 ml, or two tablespoons.

Finally, there are several cases in which you should see a physician for diarrhea:

- if the diarrhea lasts longer than three-five days.
- if there is blood or mucous in the stool.
- if the child develops a fever greater than 103 degrees F.
- if the child also has vomiting and cannot hold down fluids.
- if the child also has complaints of burning when urinating.

Certainly, at any time if you as a parent have concerns about the way your child is responding to diarrhea or other illness, call your pediatrician.

Story by LT Deborah K. Winburn, MC, U.S. Naval Hospital Yokosuka
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3. Professional Notes: Information on upcoming symposiums, conferences or courses of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Scheduled Meetings:

-- 11 and 18 January, 10 February and 24 March, Child/Spouse Abuse Recognition Training, Naval Hospital Twentynine Palms, CA. See story below.

-- 4 February 1995, 2nd Annual Update in Behavioral/Developmental Pediatrics, University of California San Francisco; (415) 476-4251.

-- 1-4 March 1995, 20th National Conference of the American Academy of Ambulatory Care Nursing, "Enhance Healthcare Systems through Strategic Alliances," Washington, DC. Call AAACN at (609) 256-2350 for a brochure.

-- 4-10 March 1995, 36th Navy Occupational Health and Preventive Medicine Workshop, "Prevention and Protection: Our Global Commitment," Hampton, VA. For more information, call NEHC's Workshop Hotline at (804) 444-7575, x432 (DSN prefix, 564-).

-- 19-24 March 1995, Shea-Arentzen Nursing Symposium 1995, "Navigating New Frontiers of Nursing Practice: The Challenges of Health Care Reform," La Jolla, CA. See article below.

-- 20-22 March 1995, Fourth Annual Advanced Training Seminar in Hyperbaric Medicine, sponsored by Richland Memorial Hospital and the University of South Carolina School of Medicine. For registration information, write to Hyperbaric Medicine, Five Richland Medical Park, Columbia, SC 29203; (803) 434-7101.

-- 11-13 April 1995, Navy League's Sea-Air-Space Symposium, "Sea Power for the 21st Century," Sheraton Washington Hotel, DC. For more information, contact the Navy League of the United States at (703) 528-1775.

-- 18-20 April 1995 (T), CinCLantFlt Surgeon's Conference, "Health Care ... Positioning for Success," Norfolk (VA) Airport Hilton Hotel. See article below.

-- 20-22 April 1995, Postgraduate Course in General Surgery, University of California, San Francisco. For registration information call (415) 476-5808; for program information call (415) 476-4251.

-- 21-23 April 1995, Worldwide Navy Public Affairs Workshop, "Team Development - 95," Marriott Crystal Gateway Hotel, Arlington, VA. See article below.

-- 25-27 May 1994, 11th Annual Current Issues in Anatomic Pathology, University of California School of Medicine, (415) 476-4251.

-- 5-8 June 1995, HHS International Congress on Hazardous Waste: Impact on Human and Ecological Health, Atlanta. Deadline for abstracts is 1 February 1995. For information, contact Dr. John S. Andrews, Jr., Associate Administrator for Science, Agency for Toxic Substances and Disease Registry, 1600 Clifton Rd., NE (E-28), Atlanta, GA 30333; (404) 639-0708, e-mail JSAI@ATSOAA1.EM.CDC.GOV.

-- 19-22 June 1995, Third Annual NAVSEA/NAVSUP International Logistics Symposium, "Logistics Teaming for International Defense," Hyatt Regency Hotel, Arlington, VA. For program information contact Sandra Kramer, NAVSEA, (703) 602-9000; contact Sally Cook, ASNE, (703) 836-6727, for registration information; and to reserve exhibit space, contact John Werbowski, (703) 329-4201.

-- 9-11 November 1995, The Integrated Function of the Lumbar Spine and Sacroiliac Joints, San Diego. Deadline for abstracts is 13 January 1995. Direct inquiries and submissions to European Conference Organizers, P.O. Box 4334, 3006 AH Rotterdam, The Netherlands; 31-10-4133287.

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HEADLINE: Proper ID/Reporting of Abuse Helps Victims

NAVHOSP Twentynine Palms, CA (NSMN) -- A four-part comprehensive, multi-disciplinary child/spouse abuse recognition training session, which includes a forensic pediatrician from Loma Linda University Medical Center, has been scheduled by the Education and Training Department of Naval Hospital Twentynine Palms.

In addition to military health care providers, civilian

providers from the surrounding community have been invited to participate in this training, scheduled to be held 11 and 18 January, 10 February and 24 March. Dr. Clare Sheridan, a forensic pediatrics specialist from Loma Linda, will present information on child physical abuse in the February class and child sexual abuse in March.

Exceeding the basic mission requirements for hospital staff training has become a creed for the hospital's Education and Training Department. For example, the department designed this comprehensive 8-hour educational program on the identification and reporting of child and spouse abuse cases with the input from the Emergency Medicine Department, Pediatrics Clinic, Judge Advocate General, Naval Criminal Investigative Service (NCIS), Provost Marshal's Office, Child Protective Services and the Family Service Center. While the training staff could have met the requirement for this type of training with a four-hour lecture, CDR Susan Knutson, head of the Education and Training Department, doesn't believe in just meeting requirements. Knutson and her staff strive to exceed those requirements whenever possible. "The initial four hour block of training this month provides a foundation for the advanced training in February and March," said Knutson.

"We think that it is important for everyone who is involved in an abuse case to be properly trained, not only in how to identify and report an abuse case but how to conduct themselves to not only protect the victims from further abuse but to also protect their privacy.

"Everyone involved in an abuse case should know the process a victim or family will need to go through, not only to prevent further abuse, but also to help them break the cycle of abuse in the family," she said.

According to Knutson, an abusive situation in a family can go on for years with cycles of violence followed by a "honeymoon" period, then tension building to violence again.

"At first, abuse may start out as verbal, but it may, over a period of time, escalate to murder," said HMC Edward Windhurst, assistant head, Education and Training.

The purpose of this training is to help health care providers in identifying and reporting suspected abuse cases so they may be investigated by the proper authorities. "Also, bringing everyone together who may be involved with a case will afford the opportunity for them to network with each other so improvements in the specific areas of the process can be made," said Knutson.

When a provider sees a patient who appears to be the victim of abuse, the first step, besides the medical treatment, is to contact the hospital's Officer of the Day (OOD). At that point, the OOD contacts the Provost Marshal's Office to initiate an investigation through NCIS. The hospital staff will tend to the medical needs of the victim while NCIS conducts an independent investigation.

Area personnel interested in this training should contact the Hospital's Education and Training Department at (619) 830-2396. The classes have all been approved for four continuing

education units and four continuing medical education units.
Story by Dan Barber

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HEADLINE: NMC San Diego Hosts Nursing Symposium

NMC San Diego (NSMN) -- Naval Medical Center San Diego will host the 10th Shea-Arentzen Nursing Symposium 19-24 March 1995 at the Hyatt Regency-Aventine, La Jolla, CA. Titled "Navigating New Frontiers of Nursing Practice: The Challenges of Health Care Reform," the symposium will focus on five areas: clinical nursing, nursing administration, nursing research, operational nursing and nursing education. This exciting program will include nationally known speakers such as Russell C. Coile, author of "Revolution: The New Health Care System Takes Shape"; Dorothy J. del Bueno, author of three books and more than 90 professional articles in the area of competency in nursing practice; Arthur Schiller, a futurist in the area of telecommunications in health care; and others. In addition, there will be more than 120 presentations from registered nurses from all branches of the military and the federal service.

Registration for this stimulating conference is open to all interested persons.

For additional information, contact CDR Jan Kellogg, (619) 532-0667, or CDR Chris Laurent, (619) 545-4263 (DSN prefix for both numbers is 522-).

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HEADLINE: CLF Surgeon's Conference Planned

CLF Norfolk, VA (NSMN) -- The 1995 CinCLantFlt Surgeon's Conference is tentatively scheduled for 18-20 April 1995 at the Norfolk Airport Hilton Hotel, 1500 N. Military Highway, Norfolk, VA.

The theme for this year's conference is "Health Care ... Positioning for Success." Agenda items -- topics, concerns, issues, enlisted issues -- are strongly encouraged and requested. An agenda will be completed in March; please forward items for consideration no later than 15 February. Currently, topics being considered are: health promotions, RLC relationships, adequacy of GMO training, operational readiness of the Medical Department, USNS Comfort, women's health issues, medical/legal issues, prime vendor initiatives for the fleet/FMF, fleet BRAC impact on health care, COMNAVSHORELANT, regionalization of military healthcare (lead agent concept), and enlisted command master chief issues.

Attendance by medical treatment facility commanding officers and command master chiefs, HSO OICs and senior enlisteds, TyCom medical officers and responsible line commanders are encouraged to attend.

For more information, see CINCLANTFLT NORFOLK VA//N02M// message dtg 091245Z JAN 95 or call LCDR H.T. DeWeese, MSC, or YNCS D. Griffiths at DSN 564-6160, (804) 444-6160. Agenda items for consideration should be forwarded via message or fax (fax number is 804/445-8624).

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HEADLINE: Worldwide Public Affairs Workshop Announced

CHINFO Washington (NSMN) -- If you are the public affairs officer at your facility -- either full or part time -- this workshop is for you.

The first Worldwide Navy Public Affairs Workshop to be held in five years, "Team Development - 95" is scheduled for 21-23 April at the Marriott Crystal Gateway Hotel in Arlington, VA. While the workshop is designed for those who are designated Navy public affairs officers (1650/1655), civilian public affairs specialists (1035), and senior enlisted journalists, the Office of Information has agreed to allow attendance by Navy Medical Department personnel assigned to public affairs duties.

Workshop attendees will spend the weekend discussing and refining Playbook '95 public affairs themes, tactics and strategies. The workshop focus will be on Navy public affairs messages, audiences and methodology and examination of intended/expected goals.

If you are at an MTF/DTF, ask your RLC's public affairs officer for a copy of CHINFO msg dtg 031800Z JAN 95. CHINFO point of contact is LTjg D. Gai at (703) 697-3291; DSN 227-3291.

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4. Observances and events occurring 18-24 January:

19 January: E-7 Advancement Exam

22 January: Sight Saving Sabbath (Prevent Blindness America (PBA), 1-800-331-2020)

22-28 January: National Glaucoma Awareness Week (PBA)

23-27 January: National Back Health Week (609/392-7600)

24 January: Morning (0600-0800) and Night (until 2200)

Detailing (times are for Washington DC)

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5. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR E-MAIL TO BUMED, ATTN: EDITOR, NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 653-0793, DSN 294-0793. FAX (202) 653-0086, DSN 294-0086. E-MAIL NMC0ENL@BUMED10.MED.NAVY.MIL//

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